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# Post-Operative Instructions

## Dental Implantation, Bone Graft, Sinus Lift

Bangkok International Dental Hospital (BIDH)
Thailand's Specialized Dental Hospital

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# Post-Operative Instructions for Dental Implantation / Bone Graft / Sinus Lift

- The wound should be left alone. Avoid touching the wound with your finger, handkerchief or any other object.
- Please do not eat over the operation area. Avoid applying any pressure around the operation site.
- Please do not eat or drink anything very hot during the first day after the operation. Do not use a straw to drink water. Should oozing occur in or around the operation site, it may usually be stopped by softly biting for 15 minutes on a roll of gauze. If the bleeding does not stop, please contact the clinic or emergency room.
- Moderate post-operative swelling is a normal reaction. However, if you have excessive swelling, severe pain or persistent bleeding, please contact the clinic.
- Consume only liquid foods during the first day in order to avoid inadvertent food particles from contaminating the wound.
- Antibiotic medication should be taken as prescribed. It is necessary to continue taking the entire prescribed course until completed. Do not stop taking antibiotic medication without the doctor's approval.
- Pain relieve medication should be taken within 30 minutes after surgery. The next medication dosage should be taken as prescribed. If there is no pain, pain relieve medication may be stopped.
- Semi-liquid (mashed) food may be added to the diet during the rest of the week. If you have some teeth and eating is not a problem, soft food can be eaten.
- Antiseptic mouth wash rinses must be used twice a day from the first night, first thing in the morning and last thing at night. Use one cap full of undiluted antiseptic mouthwash and hold in the mouth for 60 seconds then spit out. Continue this until you have completely finished the bottle.
- Smoking and consumption of alcoholic beverages should be avoided.
- Old dentures may not be worn until adjustments have been made. The early insertion of dentures may delay or affect healing.
- Any physical exercise should also be avoided for at least first 3 days.
- If possible, please use an extra pillow for the first two nights after the operation. This may help reduce swelling in the areas.
- Please do not bite directly on the implant site post treatment during the osseointegration period that can cause the healing abutment to loosen. Should the healing abutment detach due to various factors from normal mouth function, please keep component part safety and contact us.

Urgent signs you should contact or visit the dentist or emergency room immediately are as follows:

- Excessive bleeding other than slight staining occurs.
- Severe pain is present.
- Marked swelling occurs.